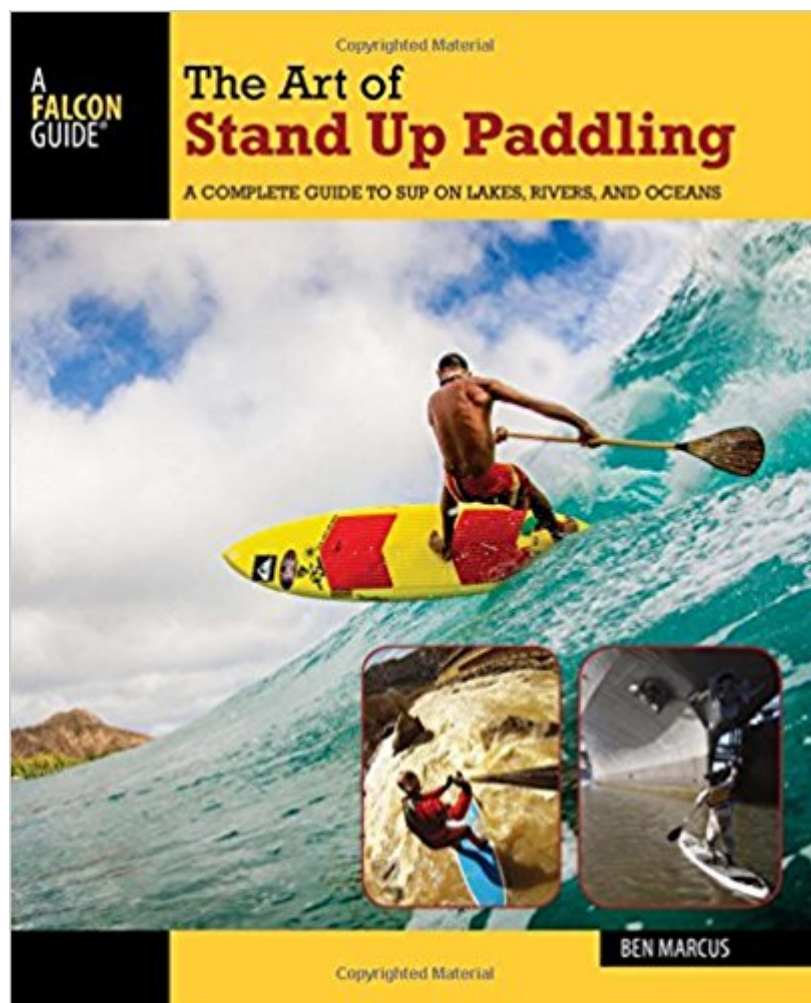




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The Art Of Stand Up Paddling: A Complete Guide To SUP On Lakes, Rivers, And Oceans (How To Paddle Series)



Synopsis

Stand up paddling (SUP) is experiencing fast growth in the United States and around the world. It can be enjoyed on inland lakes and rivers, as well as on the ocean and in the surf—but most important, it's fun and a great way to stay fit. The Art of Stand Up Paddling will include everything both new and not-so-new paddlers need to know—from buying a board and getting started on your local lake to paddling rivers and surfing ocean waves. This revised edition features a brand new chapter on SUP Yoga, which combines the passion of yoga with the art of stand up paddling. Also included is a fascinating and controversial history of stand up paddling, which, although new to many, dates back hundreds of years to Peruvian fishermen, Venetian gondoliers, and Hawaiian beach boys. Chapters on surf-break etiquette, fitness, yoga, and the exhilarating potential for adventures on a stand up paddleboard makes this a complete resource for beginners and experienced paddlers alike.

Book Information

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Customer Reviews

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Ben Marcus is a longtime surfer who has written thirteen books. He writes for surf magazines worldwide, and his nonsurfing work has appeared in LA Weekly, Muscle and Fitness, the Los Angeles Times, Malibu Magazine, and Malibu Times. He lives in Northridge, California.

Well written book on SUP. Found the intro chapter to have too much history but you can skip past that. Great coverage across flat water, surf, river and more.

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